

MAR | MUNTANYA **Dinner**

NORTHERN SPANISH CUISINE

Our team warmly invites you to experience our distinctive interpretation of Northern Spain's vibrant cuisine & culture, inspired by the coastal & mountainous regions of Catalonia & the Basque Country. While we don't claim full authenticity, our menu blends the rich traditions of these areas with Utah's heritage of preservation & mountain homesteading, interwoven with select recipes drawn directly from Chef Tyson's family heritage—passed down and thoughtfully reinterpreted. Celebrating the connection between sea & mountains, we craft dishes using both local produce & Spanish imports, all designed for sharing in the convivial spirit of "Tapas Style" dining. Our knowledgeable team is here to guide you through a culinary journey that reflects the lively cultures & languages of Northern Spain & Utah.

¡Buen provecho! — Bon profit! — On egin! — Enjoy!

Executive Chef | Tyson Peterson

General Manager | Eric Bergstrom

Chef De Cuisine | Andrew Sargent

Assistant Manager & Junior Sommelier | Daryan Conant

Private Events:

info@mar-muntanya.com

or Scan the QR code to Book



~A Service Charge of 20% Will Be Added to Parties of 6 or More~

**Please Note: We are only able to split checks evenly up to 6 ways.
For groups of 6 or more, a single payment method is kindly requested.**

****Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.***



@mar-muntanya #mar-muntanya

CRUDO

Raw & Chilled

- *M/M OYSTERS** *NF, GF, DF* **5 ea**
West Coast Oysters, Elk Tartare, Piquillo Còctel Sauce,
Spruce & Juniper Mignonette **order 3/6/9/12**
- * BARCELONA BLUEFIN SASHIMI** *NF, GF* **25**
Spring Pea Mash, Herbal Buttermilk Crema
Radish, Mint & Basil
- * NEGI-TORO PAELLA BITES** *NF* **31**
Barcelona Bluefin Chùtoro Tuna Belly, Scallion,
Crispy Paella Socarrat, Sèsame, Pickled Guindilla
-

SOURDOUGH

Made by Hand in House

- M/M BREAD & BUTTER** **11**
Baylee's Butter, Flakey Sea Salt
- Additions** - Piquillo Almond Romesco **3**
- Confit Garlic Spread **2**
- Spruce Tip Jelly **3**
- * SOURDOUGH STARTER** **15**
A jar of our 150-year-old hybrid yeast strain, Chef's
double loaf sourdough recipe, & care instructions
-

TOSTAS

Tartine Style Open Faced Toasts

- LOCAL SPRING PEAS** *NF, DF* **9**
Minted Peas Mash, Market Strawberries,
Grilled Sourdough, Aged Sherry, Sunflower Seeds
- SMOKED TOMATO** *NF, DF* **8**
Crushed Heirloom Tomato, Garlic Confit,
Imported Cristal Bread, Smoked Olive Oil
- Additions** - 14 Month Aged Manchego **3**
- Jamon Serrano **9**
- SUNFLOWER SHRIMP** *NF* **15**
Dim Sum Style Fried Bread, Shrimp & Trout Farce
Sunflower Seeds, Avocado Green Goddess
- *ELK TARTARE** *NF* **18**
Diced Local Elk, Crunchy Local Brioche,
Caper & Olive Dressing, Aged Manchego
-

MAR

Sea, Lake, & Stream

- SHRIMP AL AJILLO** *NF, GF* **15**
White Wine, Garlic Butter, Piment d'Espelette
- *NEPTUNE'S CHOP** *NF, GF, DF* **(Large Format) 150**
20 ounce Barcelona Bluefin Chùtoro Tuna Chop
Grilled Scallion, Spring Herbs Salsa Verde
- OCTOPUS ASADOR** *NF* **15**
Slow Cooked Spanish Octopus,
Yukon Gold Mash, Garlic & Chorizo
- *SCALLOP ESCABECHE** *DF* **34**
Maine Scallops, Piquillo Almond Romesco,
Iberico Bacon, Orange & Pimiento Escabeche
- TROUT AVELLANA** *GF* **34**
Whistling Springs Rainbow Trout, Hazelnut Crust,
Charred Peas & Mint, Smoked Espelette Butter

PINTXOS

Simply Prepared Bites & Snacks

- CHARRED SHISHITOS** *NF, GF, DF* **6**
Often Mild, Sometimes Spicy Peppers,
Ocho Spice Aioli, Lemon
- MARINATED OLIVES** *NF, GF, DF* **8**
Orange, Rosemary, Mixed Olives, Ocho Spice
- LITTLE GEM HEART** *NF, GF, DF* **5**
Avocado Green Goddess, Sunflower Seeds
- CUCUMBER GAZPACHO** *NF, GF, DF* **5**
Charred Cucumber, Seasonal Garnishes
-

EMBUTIDOS

Sausage Links of Northern Spain

- CHORIZO BILBAO** *NF, GF* **8**
Basque Style Pork Chorizo, Savora Mustard
- TXISTORRA NAVARRE** *NF* **10**
Pamplona Style Pork Chorizo, Sour Apricot Glaze
- MORCILLA CATALANA** *NF* **8**
Pork Black Sausage, Mash, Bacon, Blackberry, Sage
- EMBUTIDO PARTY** **45**
2 of Each Link - Plattered with Various Garnishes
-

TERRA

Land & Vegetable

- FUNERAL CROQUETAS** *NF* **12**
Cheesy Hash Brown Casserole Fritters,
Corn Flake Crust, Scallion Aioli, Pickled Fresno
- PATATAS BRAVAS** *NF, DF* **9**
Twice Cooked Idaho Potatoes, Salsa Bravas,
Confit Garlic Aioli, Smoked Paprika
- CRISPY BRUSSELS SPROUTS** *DF* **16**
Sour Apricot Honey, Iberico Bacon,
Crushed Hazelnuts
- LITTLE GREEN THINGS SALAD** *NF, GF* **14**
Frog Bench Greens, Beans, Peas & Shoots,
Buttermilk Manchego Dressing
- FARMER'S MARKET PISTOU** *NF, DF, GF* **19**
Roasted Young Vegetables, Spring Pea Mash,
Piquillo Peppers, Spring Herbs, Sunflower Seeds
-

MUNTANYA

Mountain & Prairie

- *CAMPFIRE ELK LOIN** *NF* **49**
Juniper Crusted Local Elk, Yukon Mash,
Iberico Bacon, Blackberry Demi, Sage Crumb
- HALF RACK IBERICO RIBS** *NF, DF* **27**
Slow Cooked St. Louis Cut Pork Ribs,
Ocho Spice Rub, Sour Apricot Glaze
- *LOCAL PRIME BEEF HANGER** *NF, DF* **52**
Grilled UT 47 Prime Beef, Yukon Mash,
Fire Roasted Piquillo "Al Ajillo"
- SAVORA CHICKEN** *NF, DF, GF* **39**
Mary's Organic Boneless Half Chicken
Charred Beans, Piquillo, Savora Mustard Foam